

USS Enterprise (CVN 65)

THE SHUTTLE

Friday, October 15, 2010

Flying High

Enterprise Sailors prepare for the PRT

Sailors prepare for their physical readiness test which is conducted every six months aboard the aircraft carrier USS Enterprise (CVN 65).

Photo by Mass Communication Specialist Seaman Jared M. King

SAILORS OF THE DAY



Aviation Ordnanceman Airman Apprentice Tyler W. McPeak

Aviation Ordnanceman Airman Apprentice Tyler W. McPeak joined the navy a year ago so that his family and friends can sleep well knowing they are safe and free. During his spare time he likes to lift weights and be with friends. McPeak is a native of Titusville, Pa., and after his time in the Navy, he wants to transition to the civilian sector and start a family.

Personnel Specialist Seaman Keri L. Jones

Personnel Specialist Seaman Keri L. Jones enjoys listening to music and playing basketball. She joined the Navy to see the world and do something positive in her life that will make her parents proud. Jones is from Waynesboro, Miss., and she would like to become a commissioned officer and pursue a Master's degree.



Thursday, Oct. 13

Aviation Structural Mechanic (Equipment) 3rd Class (AW) Jessica L. Neff

Aviation Structural Mechanic (Equipment) 3rd Class (AW) Jessica L. Neff is a Clearwater, Fla., native who enlisted in the Navy more than two years ago in order to travel and see the world. Neff enjoys working out and spending time at the beach when she is away from the ship. She hopes to attend college and start a family in the future and believes the role she plays in naval aviation is "pretty cool."



Enterprise Sailors gear up for PRT

By MCSN Jared M. King
Enterprise Public Affairs

USS ENTERPRISE, At sea – While USS Enterprise (CVN 65) Sailors are working hard during the Composite Training Unit Exercise, the clock continues to tick toward the semi-annual physical readiness test (PRT), scheduled for early November.

The PRT is a series of physical activities designed to evaluate factors that enable members to perform physically.

The ability to conduct sustained combat operations requires all hands to be in top physical form.

The Navy's culture of fitness is a critical part of being a well-rounded Sailor. Recent changes to the evaluation and fitness report program, covered in NAVADMIN 083-10 highlight the importance of staying physically fit. With Physical Fitness Assessment (PFA) scores now being input into evaluations and fitness reports, the link between staying fit and advancement has never been clearer.

The PFA is designed to provide

"The only way to get good or great at anything is to practice. Practice push-ups, sit-ups and run, run, run everyday."

**- Command Fitness Leader,
Chief Aviation Boatswain's Mate (Handling)
(AW/SW) Josh Napoli**

members with goals to promote basic physical fitness, health and readiness. It also provides the commanding officer a means of assessing the general fitness of the command. The PFA takes into account a service members PRT results as well as their body composition assessment (BCA).

The BCA is assessed through an initial weight and height screening as well as a Navy-approved circumference technique to estimate body fat percentage.

Just like any other test in the Navy, the key to PRT success is proper preparation.

The PRT offers Sailors an abundance of options for the aerobic portion of the test. These options include the traditional run, stationary bike, elliptical machine and swim.

"Cardiovascular and strength training three to four days a week, and at a minimum, 10 weeks prior to the PRT, should get Sailors within Navy standards," said Chief Aviation Boatswain's Mate (Handling) (AW/SW) Josh Napoli, the command fitness leader.

"The only way to get good or great at anything is to practice. Practice push-ups, sit-ups and run, run, run everyday; that is the only way you will improve."

For Sailors preferring an alternate method to the traditional run, preparation is also of utmost importance.

"It is paramount that if you decide to participate using an alternate method, then you should specifically train for that alternate method," said Napoli.

Whether Sailors prefer the run, stationary bike, elliptical machine or swim, the key to success is consistency.

"It's best to decide which is best for you and practice early, but I prefer a variety of aerobic and muscular activities to avoid boredom," said Personnel Specialist 1st Class Petty Officer (AW/

SW) Jasper D. Mitchell, leading petty officer of the ship's Education Services Office. "If you practice these exercises, your body will create muscle memory, which will enable you to perform better."

Exercising at a higher intensity will drastically improve one's PRT score. Based on the principle of specificity, the best exercise you can do to prepare for the push-ups test is by doing push-ups. For an individual to become proficient at any given movement, that movement itself must be trained and practiced.

"I believe that fitness is important to achieving your goals in the Navy," said Mitchell. "It enables us to perform at the highest level not just physically, but mentally."

Eating right is just as important as exercising. Eating six small portions a day will maintain a high metabolism and keep Sailors from feeling hungry.

"Sailors must maintain a healthy diet of fruits, vegetables, starch and protein," said Napoli. "They should eat realistic portions around the size of their fist."

What you drink can also affect your weight and your health.

"Try to avoid soft drinks. You can never go wrong with water," said Aviation Boatswain's Mate 1st Class (AW/SW) Anthony V. DellaJacono, the assistant command fitness leader. "Stay away from fatty, fried and fast foods."

By maintaining a proper diet and regular exercise regimen, the exhaustive preparation for the PRT will only be an afterthought, and it now matters to your career more than ever.

The NAVADMIN can be found at the Navy Personnel Command website at: www.npc.navy.mil/ReferenceLibrary/Messages/

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The lookout

Operations Specialist Seaman Apprentice Dustin B. Liam uses the “big eyes” to scan the ocean for vessels aboard the aircraft carrier USS Enterprise (CVN 65). Enterprise Strike Group is conducting a Composite Training Unit Exercise in preparation for an upcoming deployment.



U.S. Navy Photo by Mass Communication Seaman Jonathon Sunderman



Have questions about your career? Be sure to tune into Channel 5, tonight Oct. 15 from 7 p.m. to 7:30 p.m. for the *Command Career Counselor's Corner* with Master Chief Navy Counselor (AW/SW) Cynthia Reynolds. During this call-in show, Reynolds will discuss critical information regarding Perform to Serve, evaluations, advancement and other issues that affect your career. Questions can be called in to J-dial 6909.

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